

Health Matters

Healthstat Wellness
Newsletter



Nutrition & Healthy Weight

Nutrition is important when it comes to achieving and maintaining a healthy weight, but most Americans do not meet the dietary recommendations set by the U.S. Department of Health and Human Services and the U.S. Department of Agriculture. The common eating pattern in the U.S. is too high in calories. This places a big emphasis on diets that promote rapid weight loss. Because of that, there are hundreds of diets that promise just that, as long as you follow their strict and limiting eating plans. These are called fad diets.

If a diet or product sounds too good to be true, it probably is.

- Academy of Nutrition and Dietetics

Fad Diets

Most of us have heard of a specific fad diet, or maybe even tried one or two before. A fad diet promotes weight loss often through drastic measures that are not sustainable over a long period of time. Some fad diets eliminate necessary nutrients that your body needs to function properly. Once the diet is stopped, the weight is usually regained quickly. Fad diets provide a temporary solution. There are no magic cures or products that can help speed up the process of weight loss. In some cases supplements and herbal products can be dangerous.

So then what is the best way to achieve and maintain a healthy weight? Major health organizations such as the American Heart Association and the Academy of Nutrition and Dietetics support the evidence that diets with a variety of foods from all food groups in moderate portions is the best way to lose weight and maintain a healthy weight.

How To Spot a Fad Diet

Be on the lookout for the following characteristics of fad diets:

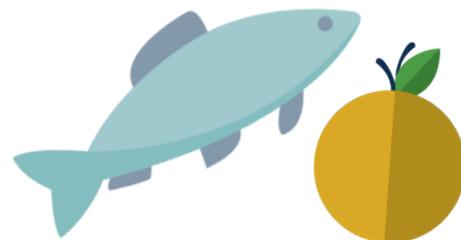
- Claims of rapid weight loss
- Eating certain quantities of foods or completely eliminating certain foods
- No need for exercise
- Recommendations from websites or studies that do not come from nationally recognized organization
- Recommendations made to sell a product

Ask yourself if you can see yourself eating that way every day for the rest of your life. And if the answer is no then that plan is not for you.

Adopting a Healthy Eating Pattern

The Dietary Guidelines for Americans was developed by the U.S. Department of Health and Human Services and the U.S. Department of Agriculture. It's recommendations for a healthy eating pattern include:

- A variety of fresh fruits and vegetables
- Making half of the grains that you eat whole grains
- Replacing saturated fats with unsaturated fats
- Eating a variety of protein foods (seafood, lean meats, poultry, eggs, legumes, soy, nuts and seeds)
- Healthy oil



The Dietary Guidelines pushes for shifts in eating habits rather than eliminations or restrictions. Getting physical activity is also an important to achieving and maintaining a healthy weight. The *Physical Activity Guidelines for Americans* states that adults should get at least 150 minutes of moderate-intensity exercise per week.

Source: Academy of Nutrition and Dietetics, U.S. Department of Health and Human Services, U.S. Department of Agriculture

Want to Learn More?

Make an appointment with your Healthstat clinician to discuss what you can do to improve your eating habits.

